

Group Fitness Timetable

Bedale Leisure and Wellbeing Hub

Accurate as of 14/08/2026

Times for Saturday 15 August				
Time	Session	Facility	Level	
09:00 - 09:45	Total Body Workout	Studio	Strength and Toning	
10:00 - 10:45	Stretch Therapy	Studio	Body, Mind and Soul	